

# PRIMARY 1 to 3 SCHOOL LUNCH MENU

2017

WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23/10/17, 13/11, 4/12, 1/1/17, 22/1, 12/2, 5/3, 26/3					
OPTION 1	Meatballs in a Herby Tomato Sauce with Spaghetti with Sweetcorn (B)	Macaroni Cheese with Garlic Bread and Garden Peas	Steak Beef Sausages with Onion Gravy, Mashed Potatoes and Fresh Carrots (B)	Red Tractor Chicken Curry with Wild Rice Spiced Onions	Tuna Pasta, Diced Cucumber, Sweetcorn Salad Box (F)
OPTION	Tandoori Chicken Bites served in a Warm Wrap with Mixed Salad (C)	BBQ Chicken Fillet with Cous Cous and Roasted Vegetables	Fish Goujons with seasoned diced potatoes with Fresh Broccoli	Cheese and Tomato Pizza with crusty bread, shredded lettuce and grated Carrot	Smoked Bratwurst in a Sub Roll with Sautéed Onions and Tomato Relish
OPTION 3	Cheese Toastie with Homemade Coleslaw (V)	Ham baguette with cherry tomatoes	Coronation Quorn Pieces with Baked Potato and crunch coleslaw salad	Egg Mayonnaise Sandwich with Salad	Quorn Burger in a Warm Bun served with Crudities
DESSERT	Fruit Platter and Soup of the day	Fruit platter and Honey Yoghurt with Granola and Fruit Coulis	Fruit platter and Soup of the day	Fruit platter and Lemon Drizzle Cake	Fruit Platter and Soup of the day

<b>WEEK 2,</b> 30/10/17, 20/11, 11/12, 8/1/17, 29/1, 19/2, 12/3	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>OPTION 1</b>	Tandoori Chicken with Tortilla Wrap, Grated carrot & shredded lettuce	Poached Salmon Fillet with New Potatoes and Fresh Broccoli	Steak Pie with Baby Boils and Fresh Cabbage	Macaroni Cheese with Garlic Bread and Garden Peas	Italian Pasta Salad with Seasoned Chicken Box  (C)
<b>OPTION 2</b>	Tomato Pasta with Mozzarella Pasta with Sweetcorn	Cheese and Tomato Pizza, crusty bread with shredded lettuce and grated Carrot	Noodles and Quorn Dippers with Sweet & Sour Sauce	Sweet Chilli Chicken Fillet in a warm bap with mango mayo	British Beef Burger in a burger Bun with Crudities
<b>OPTION 3</b>	Tuna Mayonnaise Sandwich with sliced cucumber	Baked Potato with Quorn Bolognese and Sweetcorn	Cheese Panini with crunchy salad	Ham Baguette with Cherry tomatoes	Quorn Hot Dog in a finger roll with crudities
<b>DESSERT</b>	Fruit Platter and Shortbread	Fruit platter and Soup of the Day	Fruit platter and Ice Cream	Fruit platter and Soup of the Day	Fruit Platter and Flapjack

WEEK 3 6/11/17, 27/11, 18/12, 15/1, 5/2, 26/2, 19/3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Fish Goujons, Chips and Garden Peas (F)	Chicken Chow Mein with Oriental Vegetables (C)	Pasta Bolognese with garlic bread and Sweetcorn (B)	Chicken Supreme with Wild Rice and Broccoli (C)	Chicken Tikka with Tortilla Wrap and Tossed Salad (C)
OPTION 2	Cheese and Tomato Pizza served with Crunchy Salad	Meatball Marinara in a Warm Baguette topped with Mozzarella	Chicken Bites with Seasoned Wedges and Coleslaw	Homemade Sausage Roll with Mashed Potatoes and Carrots	British Beef Burger in a Burger Bun with Crudities
OPTION 3	Ham Sandwich with Cherry Tomatoes	Baked Potato with Cheese and Homemade Coleslaw	Egg Mayonnaise Baguette with Shredded Lettuce	Cheese Sandwich with Sliced Tomatoes	Quorn Hot Dog in a Sub Roll with Crudities
DESSERT	Fruit Platter and Soup of the day	Fruit platter And Melting Moments	Fruit platter and Soup of the day	Fruit Platter or Cocoa & Beetroot Cake	Fruit platter and Soup of the day

All meals include each of the following options:

- Freshly made soup of the day or dessert
- Drink option including :Plain milk, water, Fruit juice
- Bread Basket
- Crudity platter - with mixed peppers, baby corn & carrot batons

Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

Note: After any holiday the 1<sup>st</sup> day back will always be the Monday menu and then the normal days will follow.